

**Table 1.** OBSC score of two groups of patients

| Grouping           | Age span   | OBSC       | <i>t</i> | <i>P</i> |
|--------------------|------------|------------|----------|----------|
| Control group      | 20.33±2.52 | 40.10±4.60 | -17.34   | 0.00     |
| Experimental group | 20.04±2.17 | 37.00±5.90 | -13.69   | 0.00     |

## A Study on the improving effect of ancient Chinese poetry on depression — A case study of Dongpo Ci

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**Background.** In today's society, the prevalence of depression in China is increasing year by year. It will not only affect the quality of life of patients but also endanger their lives. The generation of depression is inseparable from long-term negative emotions, which are the feedback of deep mental and spiritual problems. Therefore, the exploration of depression should not be limited to the physiological and genetic levels, and it is also closely related to the traditional social culture. The ancient Chinese culture has an important enlightenment on the regulation of depression. For instance, Dongpo's poems, with a bold and uninhibited style, conveys the poet's optimistic and open-minded mood and enables readers to immerse themselves in a positive mood. Therefore, this experiment aims to explore the improvement effect of Dongpo's poems on patients' depression.

**Subjects and Methods.** In the experiment, 34 students with depression screened by psychological tests in two universities were selected as the research objects, and they were equally divided into the experimental group (17) and the control group (17). The students in the control group were given general psychological counseling and care. On this basis, the students in the experimental group organized a weekly Dongpo word evaluation and exchange meeting, each lasting 90 minutes. The effect of depression was evaluated by the Self-Rating Depression Scale (SDS) and Hamilton Depression Scale (HAMD), and the results were observed 8 weeks later.

**Results.** Table 1 shows the improvement effect of depression of the two groups of students. It can be seen from the data in the table that the depression of 34 students has improved to some extent. Among them, the HAMD score and SDS score of students in the experimental group decreased significantly after the Dongpo poems intervention, and their scores were lower than those of the control group, and the differences between the two groups were statistically significant.

**Conclusions.** Long-term depression easily turns into depression, which is very likely to cause depression and seriously endanger life and health. People should keep a good positive mood and avoid depression. This experiment verified that Dongpo poems had a

positive effect on improving negative emotions because of its open-minded and positive values. Therefore, we should pay more attention to the positive impact of ancient Chinese poetry on patients when exploring depression.

**Table 1.** Comparison of HAMD and SDS scores between the two groups before and after intervention ( $\bar{x} \pm s$ )

| Gauge | Group              | Before Intervention | After Intervention | <i>t</i> | <i>P</i> |
|-------|--------------------|---------------------|--------------------|----------|----------|
| HAMD  | Experimental group | 37.38±3.65          | 15.22±2.98         | 3.612    | 0.001    |
|       | Control group      | 37.67±3.72          | 23.33±2.43         |          |          |
| SDS   | Experimental group | 80.12±7.65          | 63.21±5.72         | 5.132    | 0.001    |
|       | Control group      | 81.22±6.65          | 71.01±5.63         |          |          |

## Clinical application of souvenir design based on Cao's kite visual elements in the treatment of autistic children

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**Background.** Autism occurs in infancy. Its clinical symptoms are mainly social disorder, communication disorder, interest limitation, etc., and are accompanied by different degrees of intellectual development disorders. Cao's kite was carved by descendants of the Kong Xiangze family according to the kite binding method recorded in Cao Xueqin's works. The kite contains the pursuit and yearning for a better life inside, and its external patterns and composition features are quite attractive. Therefore, the research applies the souvenir design of Cao's kite visual elements to the treatment of autistic children for clinical auxiliary diagnosis and treatment.

**Subjects and Methods.** The more obvious externalization of autistic children is their picky eating behavior. Therefore, 30 autistic children were taken as the research object, of which 18 children were still treated in the traditional way as the control group, and the other 12 children were treated as the experimental group using the souvenir design of Cao's kite visual elements as an auxiliary way of diagnosis and treatment. The mental health status was analyzed by observing the behavioral changes in their diet. A total of three experimental interventions were carried out to calculate the average number of nausea and retching during the three intervention periods, and SPSS20.0 statistical software was used to conduct statistics and analysis of relevant data. The results are shown in Table 1.

**Results.** The picky eating behavior of autistic children is manifested by their tolerance to food, which will lead to the physiological manifestations of nausea and retching. In the experimental results, the number of times of retching of children in the experimental group decreased except the number of eggs, among which the number of leeks, melons, dried beans, soybean milk and steamed bread decreased to zero; The control group showed an upward trend. The results show that the assistant diagnosis and treatment method designed by the souvenir of Cao's kite visual elements is effective in treating children with autism.

**Conclusions.** In addition to the problems of autistic temperament, the diet and health of autistic children are also the focus of clinical attention. The effect of traditional diagnosis and treatment is limited, and the effect is not obvious. The souvenir design of Cao's kite visual elements, as an auxiliary diagnosis and treatment method with visual impact, has strong appeal among children's patients, and can effectively alleviate the symptoms of children's autism.

**Table 1.** The number of retching after intervention in two groups of autistic children

| Days                         | Experience group |        |       | Control group |        |       |
|------------------------------|------------------|--------|-------|---------------|--------|-------|
|                              | 1-10             | 10-20  | 20-30 | 1-10          | 10-20  | 20-30 |
| Category                     | First            | Second | Third | First         | Second | Third |
| Leek                         | 1                | 0      | 0     | 1             | 2      | 4     |
| Eggs                         | 0.5              | 1      | 2.5   | 1             | 2      | 2.5   |
| Melons and vegetables        | 2                | 2      | 0     | 1.5           | 2      | 3     |
| Dried beans and soybean milk | 2                | 0.5    | 0     | 2             | 3.5    | 5     |
| Steamed buns                 | 6                | 2.5    | 0     | 7             | 7.5    | 8     |
| Black rice                   | -                | 4      | 2     | -             | 3      | 4     |

## Intervention strategies for separation disorder of nursing staff in sudden infectious public health events

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**Background.** Separability disorder is also called hysteria, and its main manifestations are separation symptoms and conversion symptoms. Patients often have symptoms such as acute stress disorder and traumatic stress disorder. Infectious public health

emergencies are unpredictable and have a wide range of impacts. In such cases, nurses are faced with intensive work, and their mental health is greatly damaged. What's more, it will cause psychological diseases such as acute stress disorder and traumatic stress disorder. Therefore, it is necessary to organize psychological experts to form intervention teams and establish perfect intervention procedures so as to pay attention to the psychological health of nursing staff and to track and evaluate their psychological status.

**Subjects and Methods.** The experiment randomly selected 46 nursing staff with dissociative disorder in sudden public health events, and divided them into an experimental group (23) and a control group (23). The patients in the observation group were given routine nursing care, and the experimental group added a team of psychological experts to intervene on this basis. During the intervention, attention should be paid to the construction of a good atmosphere and the maintenance of indoor lighting, temperature, humidity, and another comfortable physical environment. After 2 months of the experiment, the SAS and SDS scores of the two groups were observed.

**Results.** Table 1 shows the comparison of SAS (Self-Rating Anxiety Scale) scores and SDS (Self-Rating Depression Scale) scores of patients with dissociative disorder in two groups of public health emergencies before and after the intervention. Before the intervention, there was no significant difference between the two groups ( $P > 0.05$ ). After the intervention of the psychological experts, the scores of the two groups decreased, indicating that the patient's condition had improved. However, the psychological status of patients in the experimental group was significantly better than that in the control group, and the difference was statistically significant ( $P < 0.05$ ).

**Conclusions.** Nursing staff in public health emergencies are prone to suffer from separation disorder due to the particularity of their occupation. Therefore, based on the topic of psychological health of nursing staff, the experiment proposed the method of establishing a team of psychological experts to intervene in the psychological health of front-line nursing staff. The final experimental results show that this method can indeed improve the probability of separation disorder among nursing staff.

**Table 1.** Comparison of SAS and SDS scores between two groups before and after intervention ( $\bar{x} \pm s$ )

| Group              | SAS                 |                    | SDS                 |                    |
|--------------------|---------------------|--------------------|---------------------|--------------------|
|                    | Before Intervention | After Intervention | Before Intervention | After Intervention |
| Experimental group | 46.38±3.25          | 32.72±3.98         | 47.23±3.24          | 34.36±4.21         |
| Control group      | 47.02±3.05          | 43.51±4.63         | 48.13±4.03          | 45.65±5.13         |
| <i>P</i>           | >0.05               | <0.05              | >0.05               | <0.05              |